



# Chocolate Banana Pops

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## TOOLS:

- [Cutting board \(1\)](#)
- [Measuring spoons \(1\)](#)
- [Parchment paper \(1\)](#)
- [Small bowls 2 \(1\)](#)
- [Spoons 2 \(1\)](#)



## PARTS:

- [Bananas 3 not overly ripe \(1\)](#)
- [Semi-sweet chocolate 5oz \(1\)](#)
- [White chocolate 5oz \(1\)](#)
- [Shortening 3tsp \(1\)](#)
- [Rainbow sprinkles \(1\)](#)
- [Chocolate sprinkles \(1\)](#)

## SUMMARY

School is out in most places and warmer weather has arrived. The sounds of the street are filled with children's laughter and the catchy jingle of the ice cream man. Stop there, parents — you won't need to shell out for overpriced and unhealthy treats anymore. Instead, try this cheaper make-at-home cold summer treat, a great way to get healthy fruit into our kids with a little something special.

This is a fun project for kids to help with. They will enjoy coming up with interesting ways of decorating their own "popsicle." Who doesn't love an ice-cold treat when it's hot outside?

Recipe makes 6 chocolate banana pops.

## Step 1 — Chocolate Banana Pops



- Peel the bananas and cut each in half. Push a popsicle stick part way through the cut end of the banana so it looks like a popsicle. Set the popsicles on a cutting board or plastic plate, and place them in the freezer while you prepare the remaining ingredients. Having the bananas cold will help the chocolate harden faster.

## Step 2



- Lay a sheet of parchment paper on the counter. Set out sprinkles. Put semi-sweet chocolate and 1½tsp of shortening in a bowl. Microwave the chocolate at 100% power for 30 seconds. Stir and repeat. Repeat a third time, if necessary, until the chocolate is completely melted. Repeat the process with the white chocolate.

## Step 3



- Take 1 banana out of the freezer at a time. Place it on the parchment paper and pour your chocolate of choice over the top. Turn the banana to coat all sides.

## Step 4



- Decorate the banana with the desired sprinkles. Hold it for about a minute so the chocolate can set, then replace it in the freezer.

## Step 5



- Scrape extra chocolate off of the parchment paper and add it back to its respective bowl. Re-melt it in a microwave for 30 seconds if the chocolate becomes too thick to pour. Repeat the coating and decorating process with the remaining bananas.

## Step 6



- After all the bananas have been covered in chocolate and decorated, keep them in the freezer for 45–60 minutes. Enjoy!

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